



**Athletes**  
PERFORMANCE

## Level 2: NOFFS

Sample Workout

*Athletes' Performance  
Navy Operational  
Fitness & Fueling Series*



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# Pillar Preparation

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## Pillar Bridge – w/ Arm Lift



# Pillar Preparation

## Glute Bridge – Marching (Knee Extension)



# Pillar Preparation



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## Y's – Bent Over







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# Movement Preparation

# Movement Preparation

## Mini Band – Bent Knee Lateral Walk



# Movement Preparation

## Reverse Lunge – Elbow to Instep (In Place)





# Movement Preparation

## Lateral Squat – Low Alternating



# Movement Preparation



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## Inverted Hamstring





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# Strength (Fit Kit Option)

## Strength – Circuit 1

### Glute Bridge – 2 Up / 1 Down



## Strength – Circuit 1



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### Push Up (Standard)



## Strength – Circuit 1



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### Split Squat (Bands)





## Strength – Circuit 1



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### Bent Over Row (Bands)



# Strength – Circuit 1



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## Repeat Circuit

1)



3)



2)



4)



## Strength – Circuit 2



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### Squat to Overhead Press (Bands)



## Strength – Circuit 2



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### T's – Bent Over (Bands)



## Strength – Circuit 2



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### Dynamic Lateral Pillar Bridge



## Strength – Circuit 2



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### Crunches







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# Cardiovascular Training

(w/ Paul Robbins)



# Recovery

Flexibility - Stretch Strap

# Recovery – Flexibility (Stretch Strap)



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## Calf Stretch (Strap)



# Recovery – Flexibility (Stretch Strap)



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## Straight Leg Hamstring (Strap)

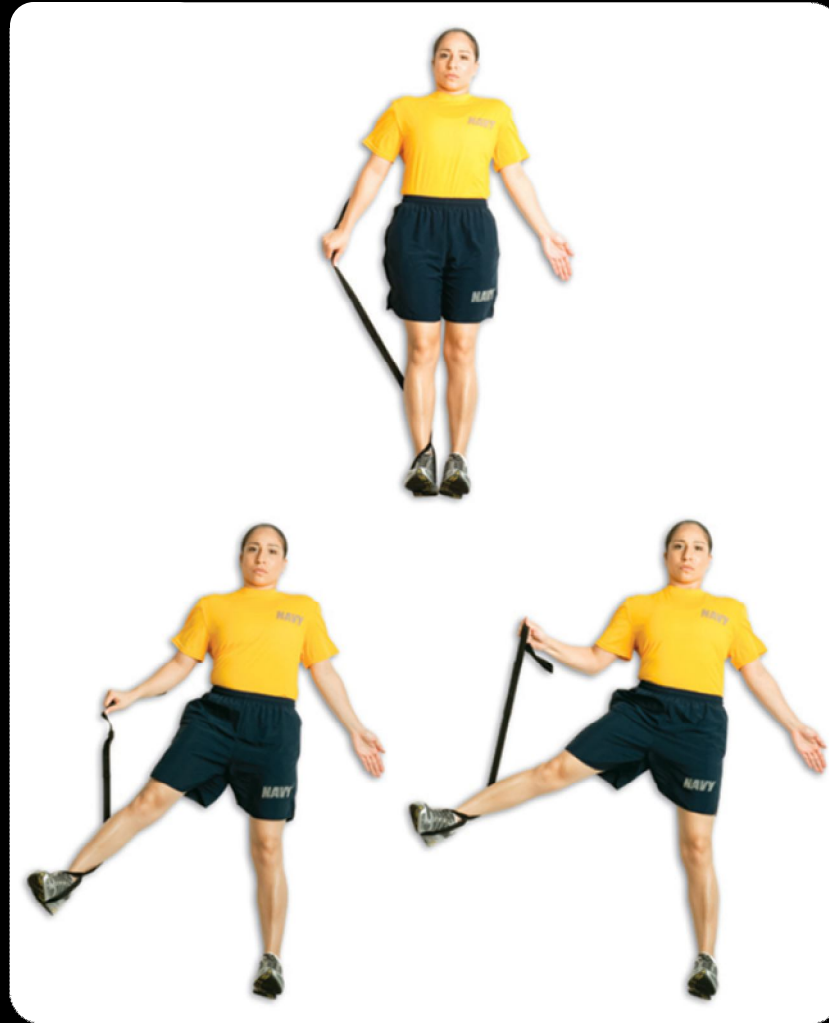


# Recovery – Flexibility (Stretch Strap)



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## Adductor Stretch (Strap)

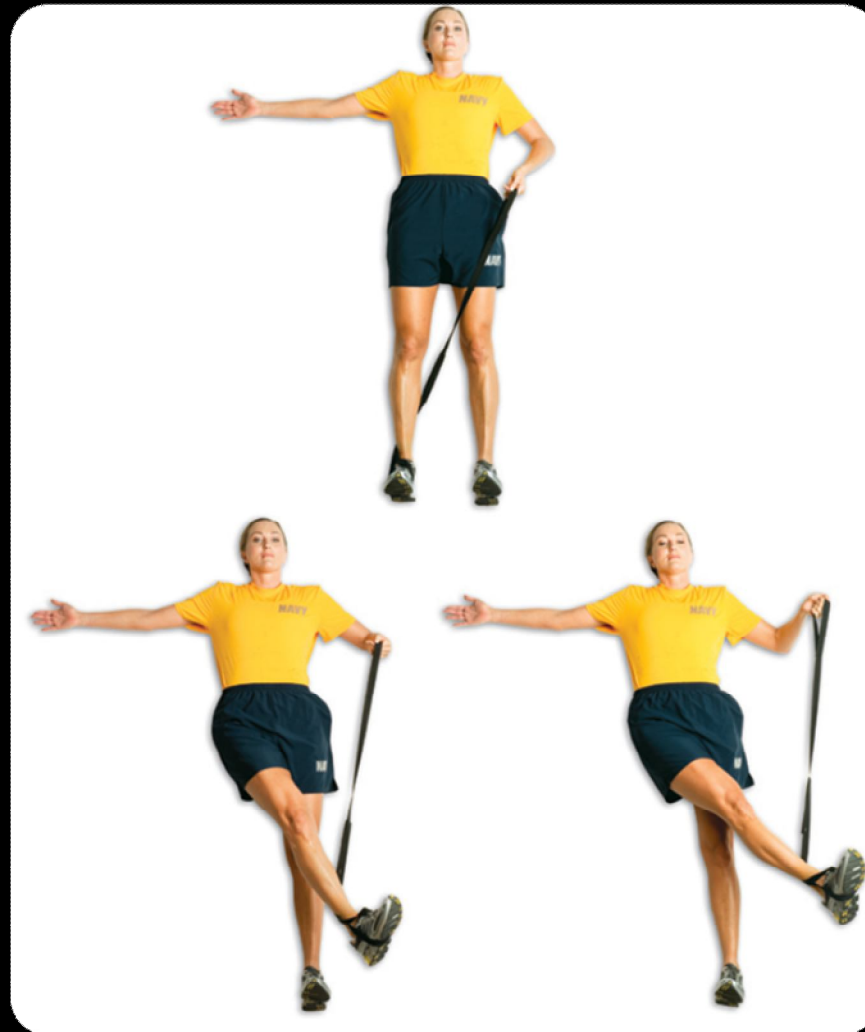


# Recovery – Flexibility (Stretch Strap)



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## Abductor Stretch (Strap)



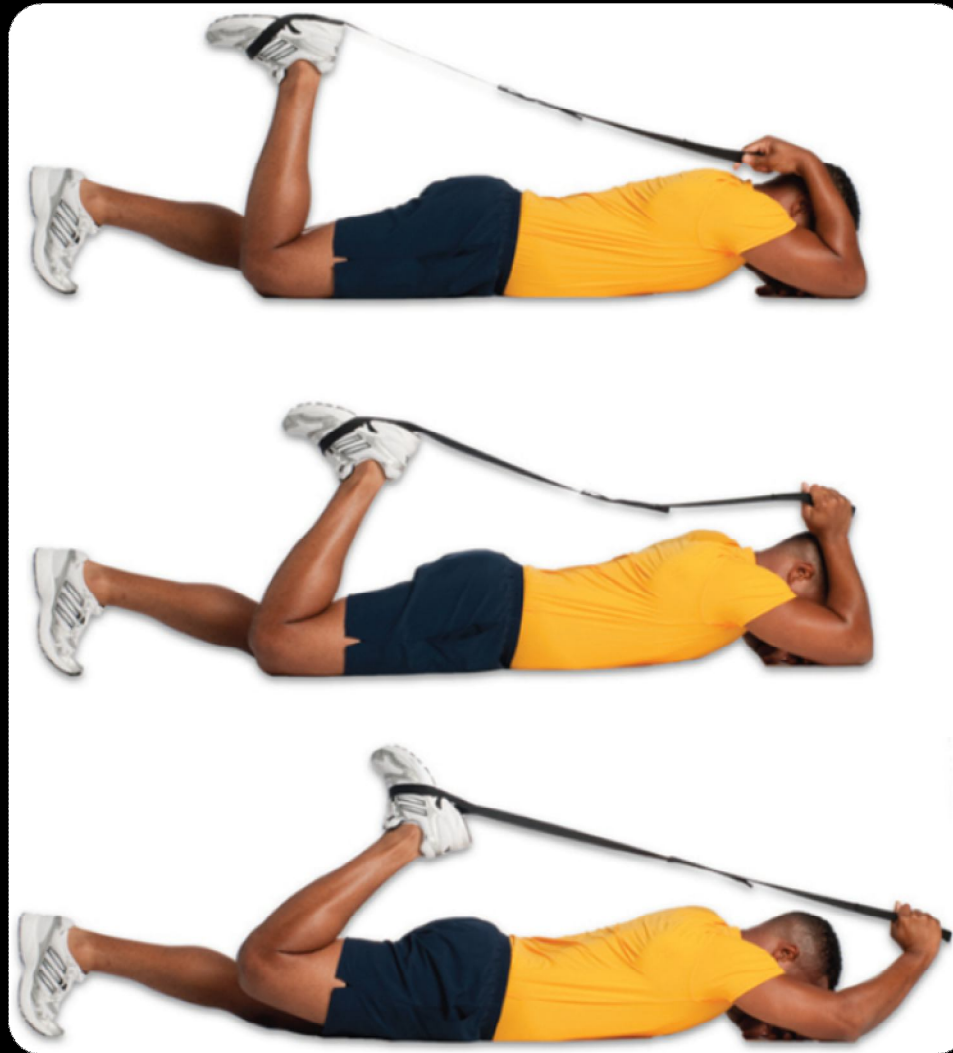


# Recovery – Flexibility (Stretch Strap)



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## Quad Stretch (Strap)



## Recovery – Flexibility (Stretch Strap)



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### Shoulder/Triceps Stretch (Strap)





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Thank you.